

Modo Fila (Vegetable Stir-fry)



Note: In East Timor, this dish is usually cooked over an open fire.

Ingredients

1. Desired amount of leafy vegetable (such as spinach)
2. Salt
3. Cooking (vegetable) oil
4. 2 to 3 cloves of garlic, crushed

Method

1. Heat the oil in a wok on high heat.
2. Add garlic and sauté until lightly browned.
3. Add leafy vegetable. Keep stirring until it is cooked through.
4. Add salt. Remove from heat and serve.